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The hat pastrami nutritional information

the Hat, 1 sandwichCalories: 441 •Carbs: 21g •Fat: 15g •Protein: 52gthe Hat, 32 ozCalories: 520 •Carbs: 118g •Fat: 0g •Protein: 0gthe Hat, 1 smallCalories: 400 •Carbs: 0g •Fat: 0g •Protein: 0gthe Hat, 1 burgerCalories: 515 •Carbs: 34g •Fat: 27g •Protein: 40gthe Hat, 1 SandwichCalories: 500 •Carbs: 0g •Fat: 0g •Protein: 0gStraw Hat Pizza, 1 sliceCalories: 260 •Carbs: 24g •Fat: 13g •Protein: 13gthe Hat, 1 DogCalories: 330 •Carbs: 22g •Fat: 21g •Protein: 14g The HatServing SizeCaloriesFatCarbsProtein Roast Beef Sandwich1 sandwich52115g43g49g Pastrami Sandwich1 sandwich44115g21g52g Pastrami Dip1 sandwich44114.6g20.5g52.3g Ham and Swiss on Rye (No Mayo)1 sandwich2900g0g0g Tuna Sandwich1 sandwich5000g0g0g Chili Cheese Fries1 tray90042g76g20g Pastrami Sandwich (No Bun)1 sandwich36114.6g0g52.3g Ham and Swiss Sandwich on Wheat1 sandwich35215.5g33.3g20.7g Orange Bang32 oz5200g118g0g Chili Cheese Dog1 dog33021g22g14g ShapeFit ShapeFit.com is dedicated to providing health and fitness information to people so they can live a healthy lifestyle. ShapeFit has thousands of pages of fitness content with fun and interactive tools to help our visitors lose body fat, build lean muscle tissue, and increase their energy levels. We wish you every success in achieving your health and fitness goals! the Hat19%20gCarbs30%14gFat50%52gProteinHow does this food fit into your daily goals? Activity needed to burn: 441 calories1.1Hours cycling 45Minutes of Running 2.7Hours or Cleaning With less than 3 grams of fat per ounce, pastrami makes a lean meat choice. Image Credit: adlifemarketing/Stock/Getty Images You might think of pastrami as a New York classic, but it originated in Romania, where it was made of goose breast, according to Sarah Green of USA Today. Pastrami, as most people know it, is made from beef - usually the belly - and is soaked in brine, smoked and steamed to make the chewy meat tender. Compared to other deli meats, such as bologna or salami, pastrami is low in both calories and fat, but it is high in sodium. Knowing the nutritional analysis can help you decide how it might fit into your diet plan. Low-calorie sandwich filler A 1-ounce serving of beef pastrami has 41 calories, which is about the same number of calories in deli turkey and ham, both considered lean, low-calorie sandwich options. If you prefer poultry to beef, the turkey pastrami is also a good low-calorie option with 39 calories per 1-ounce serving. Most Americans eat too many calories, according to the U.S. Department of Agriculture, and including more low-calorie food options can help you cut back and help you better manage your weight. Complete Source of Protein As lean meats, most calories in pastrami come from the protein content. An ounce of beef pastrami contains 6 grams of saturated fat Both beef and turkey pastrami contain less than 2 grams of fat per 1-ounce serving. In beef pastrami, however, most of the fat comes from saturated fat. Getting too much saturated fat in your diet raises blood cholesterol. The American Heart Association recommends limiting your saturated fat intake to less than 7 percent of calories, or no more than 16 grams per day on a 2,000 calorie diet. Too much sodium Like other types of lunch meat, pastrami is high in sodium. A 1-ounce serving of beef pastrami contains 302 milligrams of sodium, while the same serving of turkey pastrami contains 314 milligrams. Getting too much sodium in your diet increases your risk of developing high blood pressure and heart disease. For heart health, limit your daily sodium intake to less than 1,500 milligrams per day. Main info: pastrami The Hat 1 Serving 441 calories 20.5 grams carbohydrates 14.6 grams fat 52 grams protein 1.4 grams fiber 152 mg cholesterol 6.8 grams saturated fat 2691 mg sodium 0 grams sugar 0 grams transvet Report a problem with this food Note: All items purchased after clicking on our Amazon buttons gives us a small reference reference bonus. If you click on them, thanks! 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